5 Ways to Reduce Lead in Your Water

1. **Get your water tested**
   In order to know how much lead is in your home's water, you need to get your water tested. A lead test can cost about $18, but some health departments or community organizations may offer tests for free. Scan the QR code above to find water testing near you.

2. **Flush your pipes**
   Before drinking, let your cold water run for at least 1 minute every morning. If you have not used your water for more than 6 hours, let the water run for 5 minutes.

3. **Clean your faucet aerators**
   An aerator is a small screen located where the water comes out of your sink's faucet. It prevents large particles from entering your water. This screen should be removed and cleaned regularly because it can trap pieces of lead.

4. **Use cold water**
   Do not boil water to remove lead. Once you have flushed your pipes and cleaned your faucet aerators, only use cold water for drinking and cooking.

5. **Make sure you have safe drinking water**
   Your local health department or a community organization may be passing out water filters or bottled water. Scan the QR Code above to find distribution centers. You can also buy your own, look for filters that are tested and certified to NSF/ANSI Standard 53.

SCHOOL OF PUBLIC HEALTH
LIFESTAGE ENVIRONMENTAL EXPOSURES AND DISEASE CENTER

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